



School Food Policy

Mission Grove Primary School

This Policy has been written for and adopted by
the Governing Body of Mission Grove Primary School.

VISION STATEMENT

Everyone Aims High

Everyone is included

Creativity is valued

VALUES

*Respect, Inclusion, Lifelong learning, High Aspirations, Resilience,
Communication.*



Date written November 2025

Approved by Governing Body :

Review Date : November 2025

School Food POLICY

Introduction

Mission Grove is dedicated to providing an environment that ensures the healthy choice, is the easy choice for all children. We promote healthy eating and enable pupils to make informed choices about the food and drink they consume. Through effective leadership and a strong school ethos, we take a whole school approach by bringing all elements of the school day together to support the health and wellbeing of all children. We recognise that we are invaluable role models to pupils and their families regarding food and drink choices and healthy living.

This policy will be reviewed annually to incorporate any new developments.

1. Policy Aims & Objectives

Our school food policy aims to ensure that all aspects of food and nutrition promote the health and well-being of pupils, staff, and visitors at our school.

The objectives of our school food policy are to:

- Provide a range of healthy food choices throughout the school day that are in line with the mandatory school food standards.
- Ensure that food provision in the school reflects the cultural and medical requirements of staff and pupils.
- To give our pupils the information they need to make healthy choices - *Make the healthy choice, the easy choice.*
- Work with students and catering team to make sure the pupils feel listened to and see their choices in the food on offer.

2. Food & Drink Throughout the School Day

All staff who serve food across the school day are trained in food safety and hygiene. [Level?](#)

2.1. Breakfast Club

We offer a breakfast club which serves a range of nutritious, school food standard compliant food (including wholemeal carbohydrate, fruits & protein-based foods) to support children's health and concentration to ensure they have fuel for learning, play and social interaction. It operates on a daily basis from 7.30am.

For more information about the breakfast club please see here [breakfast club](#)

2.2. School Lunches

For more menus please see here [lunch](#). The kitchen staff are all members of Mission Grove Staff. The children are staggered through lunch to give them ample time for their dining experience. The halls are used, with both school meal and packed lunch children dining together.

Staff are encouraged to dine with the children, on a duty lunch. Menus are displayed outside the serving hatches. On occasions we play music in the dining halls.

- How regularly does the menu change? Same each week or a 2/3-week rotation?
- How is the menu monitored?
- Does the food comply with the school food standards [Appendix 1] and how do you ensure this?
- Are menus Soil Association: Food for Life certified? If so, are they bronze, silver, gold?
- Does the food reflect the religious and cultural needs of the school community and how do you ensure this?.

- Do we provide daily planet-friendly options [catering for vegans, vegetarians, non-meat, and other non-dairy requirements]?
- Is Monday still the only meat free day?
- How do you encourage children to eat in a more sustainable way and take up the planet friendly option?
- How does this link to other sustainable activities going on in the school? E.g., eco-school/committee.

Free School Meals:

From September 2014 every child in reception, year 1 and year 2 in state-funded schools is entitled to a free school meal. The government also provides funding for all children from low-income families to access a free school meal [Appendix 2]. From September 2023, the school has been able to offer free school meals to children in years 3 to 6 through the Mayor of London free school meal campaign.

2.3. Packed Lunches

We encourage parents to provide healthy well-balanced packed lunches. They should include:

- Starchy foods – bread, rice, potatoes, pasta
- Protein foods – beans, pulses, eggs, fish, meat and poultry
- Dairy item – cheese or yoghurt
- Fruit/ vegetable portion
- Water or semi skimmed milk

Limited items should be processed products and cakes and biscuits. Sweets are not allowed.

For more information and practical tips for children aged 5 years and above: <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes>

2.4. Snack

Snacks can play an important part of the diet of children and contribute positively towards a balanced diet. The Government's school fruit and vegetable scheme entitles all children in KS1 and Reception to one piece of fruit or vegetable a day. *In Nursery...*,

2.5. Water Only

We are a water only school. Water is freely available throughout the school day to all pupils. Water bottles are provided for all children. At lunch jugs of water are provided for all with clean beakers. Milk is offered at lunch times.

2.6. Reward Culture

Studies have shown that rewarding with food can have a negative impact on a student's relationship with food. It can increase preferences for sweets, lead to overconsumption, teach students to eat when they are not hungry, and contribute to problematic thoughts and behaviours for those who are predisposed to disordered eating. Therefore, at Mission Grove we reward children with house points and small class rewards. We ask parents/carers to respect this and not to bring sweets for birthdays, but to provide a class book or game.

3. Allergies & Special Diets

We are a nut free school.

- How do we manage allergies, intolerances, and special diets
- Do staff receive any training around allergy management?

- Do children learn about allergies and special diets in school?

4. Food Education

Cooking and Nutrition is a compulsory subject within the Primary Design & Technology curriculum [Appendix 3]. We teach this at an appropriate level throughout each key stage. There are opportunities for pupils to develop knowledge and understanding of health, including healthy eating, food provenance as well as practical skills such as designing, preparing, and cooking predominantly savoury food.

5. Equal Opportunities

We recognise the importance of all pupils, staff and visitors having equal access to inclusive opportunities. We want to ensure that everyone is catered for and feels valued when food and drink is provided in school, and across all aspects of food education.

- We practise vigilance, noting and acting if we see signs that any student is not eating well/is not well-nourished.
- We ensure that the food offer considers the diverse ethnic, cultural and religious backgrounds of our students and the varying medical / dietary needs some may have.
- We ensure students and staff who are fasting are supported, allowing all to flourish spiritually and academically.
- We check that events involving food are not exclusive culturally or economically.

6. Staff & Visitors Expectations

All adults, including staff and external visitors, influence pupils' knowledge, skills and attitudes towards food and drink. Therefore, it is important that they have a positive attitude and are healthy role models. At every opportunity they should promote healthy choices and reflect our philosophy and approach to food and nutrition.

7. School events

We also strive to ensure that healthy food and drink options are available at the following school events and celebrations:

- Fundraising events
- Seasonal celebrations [Christmas, Easter, Eid etc.]
- Summer and winter fair
- International events/Cultural week
- Charity weeks: E.g., Macmillan coffee morning

8. Monitoring & Evaluation

At each review point, we will identify any areas of improvement to ensure that we maintain a balanced and wholesome approach to food & drink in our school. We will consider take up of school food, student/parent feedback and our ever-changing student population during each review.

1. Appendix

Appendix 1:

The revised standards for school food came into force on 1 January 2015 and are set out here:

[School food standards practical guide - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

[School-Food-Standards-Guidance-FINAL-V3.pdf \(schoolfoodplan.com\)](http://schoolfoodplan.com)

Appendix 2:

[Free school meals: guidance for schools and local authorities - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

Appendix 3:

[National Curriculum - Design and technology key stages 1 to 2 \(publishing.service.gov.uk\)](http://publishing.service.gov.uk)